

Oat and Quinoa Burger

Ingredients:

½ cup diced white onion
2 cloves garlic, minced
2 and ½ cups finely chopped white mushrooms
2 italian zucchini or 1 small zucchini, to yield 1 and ½ cups grated
1 and ½ TB oil of choice (I used grapeseed)
½ tsp red-pepper flakes (optional)
1 large egg, lightly beaten
¾ cup quinoa, to yield 2 cups cooked (you'll have leftovers)
1 cup quick oats
salt and pepper, to taste



Preparation:

1. Start quinoa. Cook according to package directions. While quinoa is cooking, preheat oven to 350 F and line a baking sheet with parchment paper
2. Prepare vegetables. Chop onion, garlic, and mushroom and grate zucchini. Heat a sauté pan over medium and add the oil.
3. Cook vegetables. Start with onion, then add garlic, then mushroom and zucchini. Add optional red pepper flakes. Cook until mushrooms and zucchini are soft. Set aside. Quinoa should be finished by now.
4. In a large mixing bowl, beat the egg. Add the quinoa, oats, and prepared vegetables. When adding the vegetables, try to avoid pouring in the excess liquid. I found it was easiest to tilt the pan away from me and scoop the vegetables towards me, then into the bowl. You could also use a spoon with holes in it to drain the excess liquid.
5. Add salt and pepper, and stir to combine. Shape the patties with your hands and place on the baking sheet. Cook for 25 minutes, and either serve warm or cool completely before freezing. To freeze, line a container with parchment/wax paper and place patties in layers between parchment papers.